



Loving Discipline

Here are a few tips on how to discuss your decision as a parent not to spank:

Express your appreciation and respect for the person watching your children, but explain that you (and your spouse) have chosen different methods to hold your children accountable for their actions.

Give your children's caregivers information about the effects of spanking, which is also called corporal punishment. (Prevent Child Abuse Virginia www.PCAV.org can provide it.)

Share other methods of discipline you are now using that work. Consistency is important.

Be confident in your decision and don't back down.

If the person refuses to honor your request not to spank, limit or eliminate your child's contact with this person when you aren't around to keep your child safe.

All children need correction at one time or another, but how it is administered can make a big difference in whether your child remains teachable, confident and happy, or becomes withdrawn, angry and fearful.

You can punish or discipline your child for inappropriate behavior without resorting to spanking. Once you choose other methods – such as time outs or removing privileges, for example – it's important to make sure that grandparents, babysitters and others who care for your child understand your expectations and restrictions.

Before you leave your child in the care of someone else, share your parenting practices, and ask for them to be followed, even when it comes to your decision not to spank your child.

For alternatives to spanking, contact the 800-CHILDREN Parent Helpline.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-CHILDREN (800-244-5373) Parent Helpline